

# Lunch Wraps

**Makes:** 8 Servings

Focus on fiber with this creative wrap. Try this recipe with beans as a healthy lunch option.

## Ingredients

- 1 cup** brown rice (uncooked )
- 2 cups** water
- 1 can** low-sodium pinto beans (rinsed, about 15.5 ounces)
- 2 cans** low-sodium black beans (rinsed, about 30 ounces)
- 2/3 cup** low-sodium corn (drained)
- 2/3 cup** low sodium tomatoes (diced, drained)
- 8** flour tortillas (10 inch)
- 1 cup** pepper jack cheese cheddar cheese (shredded )

## Directions

- Combine rice and water in a saucepan, and boil. Reduce heat to low, cover and cook for 35 - 40 minutes. Remove from heat and cool.
- Preheat oven to 350 degrees F. Place beans, corn, and tomatoes in a large bowl and toss to mix. Add in the rice and cheese, mix well.
- Spoon the mixture evenly between tortillas and roll up.
- Bake for 10 minutes or until cheese is melted.

## Notes

Nutrition Information	
Nutrients	Amount
<b>Calories</b>	<b>100</b>
Total Fat	5 g
Saturated Fat	3 g
Cholesterol	15 mg
Sodium	190 mg
Total Carbohydrate	6 g
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>7 g</b>
Vitamin D	N/A
Calcium	192 mg
Iron	1 mg
Potassium	N/A
N/A - data is not available	

**Tip:** Make these wraps ahead of time and freeze until ready to use. These wraps are great to take for lunch and can be reheated in the microwave.

**Source:** Recipe adapted from Allrecipes.com.